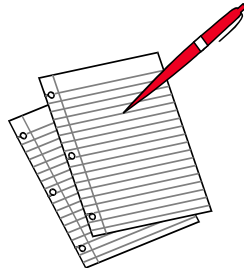


## SMART FOOD SHOPPING

Check cupboards & refrigerator

Plan your weekly menu

- Write out a list
- Create master list
- Include all ingredients you will need
- (check cupboards again)
- Check store specials & coupons



Compare prices

- Compare generic/store brands to name brands
- Use unit pricing

Consider convenience foods

- save time (ex. orange juice)
- high \$\$\$
- use store salad bar for small amounts



Don't shop hungry

Check "use by" or "sell by" date

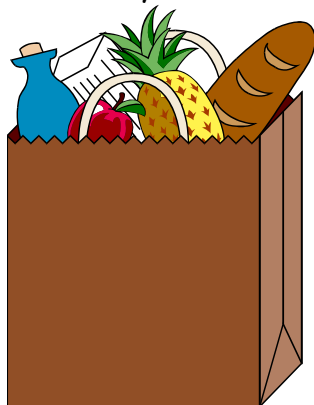
Buy produce "in season"

Tight budget ???

- Divide grocery \$ into weekly envelopes to be sure you have grocery \$ each week

Short on cash ???

- Bigger is not always cheaper
- Buy only the amount you can use or store safely



## SMART FOOD PREPARATION

Read recipe

Wash hands often

Sanitize counters

Check cupboards & refrigerator for ingredients

"Mise en Place" (French chef's term)

-to put in place

- assemble all ingredients & utensils
- peel, chop, slice, mince all items
- open all cans

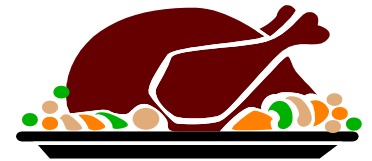
Defrost food in refrigerator or microwave

Marinate meats in refrigerator

Wash all fruits and veggies (trim and discard outer leaves)

Use separate cutting boards

- raw meats
- raw vegetables
- ready-to-eat foods



## SMART FOOD COOKING

Cook to proper temperatures

- Refer to chart
- Use thermometer
- Keep "HOT FOODS HOT" - ( $\uparrow 140^{\circ}\text{F}$ )
- Keep "COLD FOODS COLD" - ( $\downarrow 40^{\circ}\text{F}$ )

Cook eggs until firm



### SMART MICROWAVE COOKING

Microwaves vary in strength. Use cooking times as a guide.

Reheat foods quickly

Thaw frozen foods quickly

Small portions heat quicker than large

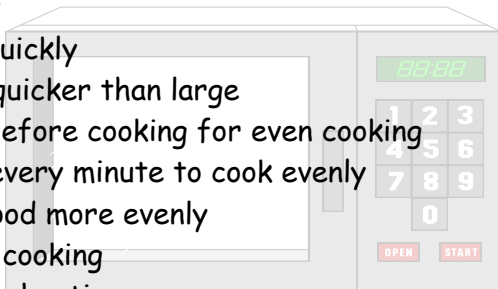
Cut food same size before cooking for even cooking

Rotate food or stir every minute to cook evenly

Round dishes heat food more evenly

Glass containers for cooking

Plastic containers for heating



### SMART FOOD SERVING

Wash hands first

Sanitize canned food and soda tops before opening

Do not handle food for others with bare hands, use utensils



### SMART FOOD STORING

Store raw meat poultry and seafood in plastic bags below other foods

Write the date on containers for food storage and leftovers

Refrigerate leftovers promptly below **40°F** !

- that means "within 2 hours of preparation, using small, shallow containers for rapid cooling"

Use refrigerated leftovers within 3 - 4 days

Freeze quantities that cannot be used by that time

### SMART KITCHEN CLEANING

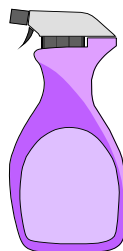
Clean up all spills immediately

Sanitize counters daily

Clean microwave oven after each use

Clean inside of refrigerator at least every six months with hot water & detergent

Wash dishes with the hottest water available



# SMART FOOD



Rita Law

Family and Consumer Sciences Extension Agent  
IFAS, University of Florida  
Seminole County Cooperative Extension Service  
(407) 665-5553

## CLEAN

Wash hands and surfaces often

## SEPARATE

Don't cross-contaminate

## COOK

Cook to proper temperature

## CHILL

Refrigerate promptly below 40°